

## Free Webinar

## Coping with Stress and Depression

For family caregivers, human resources managers, EAP professionals, and adults concerned about themselves or others

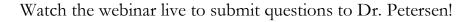
Presented by Timothy Petersen, Ph.D. Tuesday, December 8, 7:00 – 8:00 PM ET

Many things in our lives cause us stress, affecting our overall health and quality of life. Sometimes what we think is stress might be depression.

How can you recognize the difference between stress and depression and know when and how to get help?

Watch our Coping with Stress & Depression Webinar and learn from Dr. Timothy Petersen, as he discusses

- Practical ways to reduce the effects of stress
- How to recognize signs of depression
- What to do if you or someone you know is suffering from depression
- What resources are available to you and your family





After the webinar, complete the online evaluation and we'll send you a **free** Coping with Stress brochure.

**Dr. Timothy Petersen** is a psychologist in the Massachusetts General Hospital Department of Psychiatry and the Military Home Base Program and is on the faculty of Harvard Medical School. He is the author or co-author of over 70 scholarly articles, numerous book chapters, and books including The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy. Dr. Petersen's clinical specialty is cognitive behaviorally-based interventions for difficult to treat mood disorders.

## Register at www.familyaware.org/trainings

Can't attend the live webcast? Register today and watch the recorded webinar later at your convenience.

**Families for Depression Awareness** is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. 395 Totten Pond Road, Suite 404, Waltham, MA 02451 \* 781-890-0220 \* <a href="mailto:info@familyaware.org">info@familyaware.org</a>